

TEEN ADULT

AQUATIC FITNESS

AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
450802-3A	16 yrs + M	8:15-9:25am	9/12-10/24	\$71	
450802-3B	16 yrs + M	8:15-9:25am	10/31-12/12	\$71	
450802-3C	16 yrs + W	8:15-9:25am	9/14-10/26	\$71	
450802-3D	16 yrs + W	8:15-9:25am	11/2-12/14	\$71	
450802-3E	16 yrs + F	6:45-8am	9/16-10/28	\$71	
450802-3F	16 yrs + F	6:45-8am	11/4-12/16	\$53	
450802-3G	16 yrs + M,W	8:15-9:25am	9/12-10/26	\$135	
450802-3H	16 yrs + M,W	8:15-9:25am	10/31-12/14	\$135	

AQUA TONE FITNESS: AQUA EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
450804-3A	16 yrs + M	5:30-6:30pm	9/12-10/24	\$59	
450804-3B	16 yrs + M	5:30-6:30pm	10/31-12/12	\$59	
450804-3C	16 yrs + W	5:30-6:30pm	9/14-11/2	\$59	
450804-3D	16 yrs + W	5:30-6:30pm	11/9-12/14	\$52	
450804-3E	16 yrs + F	5:30-6:30pm	9/16-10/28	\$59	
450804-3F	16 yrs + F	5:30-6:30pm	11/4-12/16	\$45	
450804-3G	16 yrs + M,W	5:30-6:30pm	9/12-11/2	\$104	
450804-3H	16 yrs + M,W	5:30-6:30pm	10/31-12/14	\$104	
450804-3I	16 yrs + M,W,F	5:30-6:30pm	9/12-10/28	\$150	
450804-3J	16 yrs + M,W,F	5:30-6:30pm	10/31-12/16	\$136	

AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program.

Debra Thurn and Jamie Fowler				City Gym and Pool	
450805-3A	16 yrs + M,W	1:15-2pm	September	\$70	
450805-3B	16 yrs + M,W	1:15-2:15pm	October	\$70	
450805-3C	16 yrs + M,W	1:15-2:15pm	November	\$70	
450805-3D	16 yrs + M,W	1:15-2:15pm	December	\$70	
450805-3E	16 yrs + F	11am-12pm	September	\$45	
450805-3F	16 yrs + F	11am-12pm	October	\$45	
450805-3G	16 yrs + F	11am-12pm	November	\$45	
450805-3H	16 yrs + F	11am-12pm	December	\$45	

AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery.

Debra Thurn				City Gym and Pool	
450806-3A	16 yrs + Tu,Th	12:30-1:30pm	September	\$58	
450806-3B	16 yrs + Tu,Th	12:30-1:30pm	October	\$58	
450806-3C	16 yrs + Tu,Th	12:30-1:30pm	November	\$58	
450806-3D	16 yrs + Tu,Th	12:30-1:30pm	December	\$58	
450806-3E	16 yrs + M,W,F	12:15-1:15pm	September	\$84	
450806-3F	16 yrs + M,W,F	12:15-1:15pm	October	\$84	
450806-3G	16 yrs + M,W,F	12:15-1:15pm	November	\$84	
450806-3H	16 yrs + M,W,F	12:15-1:15pm	December	\$84	

AQUA-TONE FITNESS: AQUATIC EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
450808-3A	16 yrs + M	7-8am	9/12-10/24	\$55	
450808-3B	16 yrs + M	7-8am	10/31-12/12	\$55	
450808-3C	16 yrs + W	7-8am	9/14-10/26	\$55	
450808-3D	16 yrs + W	7-8am	11/2-12/14	\$55	
450808-3E	16 yrs + M,W	7-8am	9/12-10/26	\$104	
450808-3F	16 yrs + M,W	7-8am	10/31-12/14	\$104	
450808-3H	16 yrs + Tu,Th	7-8am	9/13-10/27	\$104	
450808-3I	16 yrs + Tu,Th	7-8am	11/1-12/15	\$97	
450808-3M	16 yrs + Tu,Th	8:20-9:20am	9/13-10/27	\$104	
450808-3N	16 yrs + Tu,Th	8:20-9:20am	11/1-12/15	\$97	
450808-3J	16 yrs + F	8:20-9:20am	9/16-10/28	\$59	
450808-3L	16 yrs + F	8:20-9:20am	11/4-12/16	\$45	
450808-3K	16 yrs + Sa	7-8am	11/5-12/17	\$52	
450808-3G	16 yrs + Sa	7-8am	9/17-10/29	\$59	

AQUA TONE FITNESS: H2O BOOT CAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H₂O Boot Camp challenges swimmers of all ages and physical shape. Whether you are a recreational swimmer or not, this 45 minute session will be hard work. Questions: aquatonefitness@aol.com.

Aqua Tone Fitness				City Gym and Pool	
450821-3A	16 yrs + F	9:30-10:15am	9/16-10/28	\$59	
450821-3B	16 yrs + F	9:30-10:15am	11/4-12/16	\$45	

HUNTINGTON BEACH MERMAID SWIM

Shed your day persona and slip into your mermaid tails with other mermaids and slim your waist away. Play and fantasy makes this class fun and mystical. Bring your own mermaid or instructor will hand out information for how to purchase your own tail. Monthly 1day/wk.

Debra Thurn				City Gym and Pool	
451166-3A	7 yrs + Tu	1:30-2pm	9/6-9/27	\$48	
451166-3B	7 yrs + Tu	1:30-2pm	10/4-10/25	\$48	
451166-3C	7 yrs + Tu	1:30-2pm	11/1-11/29	\$48	

ART

ART IN THE AFTERNOON

This class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. Color theory, drawing exercises, right brain exercises, and elements of art will be incorporated in this course. Students in this class will be eligible to participate in an Art Show. Materials list.

Pati Kent

HB Art Center

450103-4A 12 yrs + Tu 2:45-4:15pm 10/18-11/22 \$132/119

ART EXPLORATION & DISCOVERY

Explore common materials and new processes to find your artistic flow. Starting with spontaneous "automatic drawing" exercises, you'll build mixed-media projects using graphite, acrylic paints, papers and fabrics. Collage and assemblage, color, shape and design are emphasized. No prior skill, just be ready to explore, discover and have fun!

Jim Ellsberry

HB Art Center

450148-4A 18 yrs + Sa 1-3:30pm 9/17-10/15 \$112/101

450148-4B 18 yrs + Sa 1-3:30pm 11/5-12/3 \$112/101

ART: STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing. \$25 supply fee for new students.

Marilyn Oropeza

Senior Center in Central Park

450149-5A 18 yrs + Tu 12-3pm 9/6-10/11 \$25

450149-5B 18 yrs + Tu 12-3pm 10/18-11/22 \$25

450149-5C 18 yrs + Tu 12-3pm 11/29-12/20 \$20

ARTIST PRESENTATIONS

Kurt Weston (MFA) instructs this class and will assist emerging and established artists to clearly articulate their artistic intent. Artists will be instructed on writing effective artists statements, creating their own Powerpoint presentations and refining their oral presentation skills. Some computer skills and Powerpoint for Windows or Mac required.

Kurt Weston

HB Art Center

450138-4A 18 yrs + Th 1-3pm 10/13-11/17 \$96/87

BEGINNING IMPROV

Improv is no joke! If you are looking for a fun, but highly effective way to be free from shyness, fear of speaking, perfectionism, fear based planning or just build more creativity into your life, improv training is an excellent way to break through in a fun and safe environment.

Brenda Glim

HB Art Center

450145-4A 17 yrs + Tu 6:15-7:45pm 9/20-10/11 \$71/64

450145-4B 17 yrs + Tu 6:15-7:45pm 10/25-11/15 \$71/64

CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

Debbie Keller

Senior Center in Central Park

451114-5A 18 yrs+ W 10:30-11:30am 9/21-12/7 \$6

DIGITAL PHOTOGRAPHY BEGINNING

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

Kurt Weston

HB Art Center

450109-4A 16 yrs + F 3:30-5:30pm 10/14-11/18 \$96/87

DIGITAL PHOTOGRAPHY INTERMEDIATE

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

Kurt Weston

HB Art Center

450110-4A 16 yrs + Sa 1-3pm 10/15-11/19 \$96/87

DIGITAL PHOTOGRAPHY ADVANCED

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork. Kurt Weston MFA will lead critiques and technical tutorials.

Kurt Weston

HB Art Center

450136-4A 18 yrs + F 1-3pm 10/14-11/18 \$96/87

DROP IN PAINTING & DRAWING WORKSHOP

First you may come and bring work that you would like to finish, work on and get help with! Everything excluding oil paint. Secondly, you will be able to draw and paint from a still life on the model stand (no live models). The instructor will be available to give you individual instruction if you wish. Please bring your sketch book and bring your own materials. Upon completion of art work, students may have the opportunity to be included in an art show.

Pati Kent

HB Art Center

450153-4A 12 yrs + Tu 2:45-4:15pm 9/13 \$21/19

450153-4B 12 yrs + Tu 2:45-4:15pm 9/20 \$21/19

450153-4C 12 yrs + Tu 2:45-4:15pm 9/27 \$21/19

450153-4D 12 yrs + Tu 2:45-4:15pm 11/29 \$21/19

450153-4E 12 yrs + Tu 2:45-4:15pm 12/6 \$21/19

450153-4F 12 yrs + Tu 2:45-4:15pm 12/13 \$21/19

FREE DISCOVER IMPROV WORKSHOP

We understand that taking the jump into improv is sometimes a scary thing to do, which is why we are excited to introduce our Free Discover Improv class! This workshop is a great introduction to what our beginning class is all about: listening, communication, creativity, and fun!

Brenda Glim

HB Art Center

450151-4A 7 yrs + Th 6:30-7:30pm 9/15 Free

Register Online!
www.hbsands.org

GARDEN MOSAIC ON STONE

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on stone that is weather proof for home or garden. \$25 materials fee due to instructor on first day of class. *No Class Dates: Nov-11*

Anne Price

HB Art Center

450141-4A	12 yrs +	F	3:30-5:30pm	9/16-10/7	\$125/113
450141-4B	12 yrs +	F	3:30-5:30pm	10/21-11/18	\$125/113

HB PAINT NIGHT

Perfect for date night or girls/guys night out, HB Paint Night will help get you in touch with your inner Picasso! Led by artist Pati Kent, inspiring artists age 18+ will create a masterpiece of canvas. Easels, canvas & acrylic paint provided. Feel free to bring food and drinks to add to the party, although alcohol is not permitted. \$32 per painter-register in advance at HBsands.org.

Pati Kent

City Gym and Pool

450143-3A	18 yrs +	F	6-8pm	10/14	\$32
450143-3B	18 yrs +	F	6-8pm	11/11	\$32
450143-3C	18 yrs +	F	6-8pm	12/9	\$32

Pati Kent

Murdy Community Center

450143-1A	18 yrs+	F	6-8pm	10/14	\$32
450143-1B	18 yrs+	F	6-8pm	12/9	\$32

LANDSCAPE PAINTING IN OIL

This is a class for continuing students and those with some oil painting experience, designed to further strengthen and develop the student's oil painting abilities. Color mixing, relationships of dark and light, composition and perspective are studied as we work from photo assignments.

Jim Ellsberry

HB Art Center

450114-4A	18 yrs +	W	9:30am-12pm	9/21-10/19	\$112/101
450114-4B	18 yrs +	W	9:30am-12pm	11/2-11/30	\$112/101

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at Rodgers Senior Center. Class meets the 2nd and 4th Wednesday of each month.

Angel Velasquez

Senior Center in Central Park

451113-5A	18 yrs+	W	10:30-11:30am	9/28-12/14	\$6
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METAL CLAY WORKSHOP

Explore working with metal clay. This is a two-part workshop for beginners who want to learn the basics of working with metal clay. You will learn how to handle, form, fire, and polish a silver pendant or pair of earrings. You will learn how to make a mold and then use it to form your jewelry.

Laura Moore

HB Art Center

450129-4A	13 yrs +	Sa	12:30-4:30pm	10/22-10/29	\$86/78
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PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome!

Marilyn Oropeza

Senior Center in Central Park

450115-5A	18 yrs +	Tu	8:30-11:30am	9/6-10/11	\$50
450115-5B	18 yrs +	Tu	8:30-11:30am	10/18-11/22	\$50
450115-5C	18 yrs +	Tu	8:30-11:30am	11/29-12/20	\$35

PAINT PEN TECHNIQUES

An easy to use medium, paint pens are a great way to express your creative side. Beginners to intermediate students will benefit from paint pen techniques, color theory, and basic drawing skills taught throughout the course.

Sam Bernal

HB Art Center

450139-4A	12 yrs +	W	6-7:45pm	9/14-10/19	\$136/123
450139-4B	12 yrs +	W	6-7:45pm	11/9-12/14	\$136/123

WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list will be given on first day of class. Supplies will be provided by instructor on first day.

Diane Merrill

HB Art Center

450116-4A	13 yrs +	Tu	9:30am-12:30pm	9/20-10/25	\$114/103
450116-4B	13 yrs +	Tu	9:30am-12:30pm	11/8-12/13	\$114/103

WRITING LIFE STORIES

Everyone has a story. What matters is how you tell it. Perhaps you have a funny or dramatic moment you lived through. Maybe a life changing moment, a story about how you met someone – a friend, a loved one-- but now how do you craft a meaningful story from it? Come find out how to create a focused narrative out of the many fascinating elements of your life. In a positive and supportive atmosphere, explore the different facets of memoir writing, including setting and place, point of view, voice, character arcs.

Martin Salgado

HB Art Center

450146-4A	13 yrs +	Tu	6-7:45pm	9/27-10/25	\$81/73
450146-4B	13 yrs +	Tu	6-7:45pm	11/8-12/6	\$81/73

WATERCOLOR BASICS

The goal of Watercolor Basics is to teach the student some basic watercolor painting techniques. These shall include washes, lifting, and textures. Basic composition, values, and understanding the paint shall be covered. This class is for beginning painters but will be a good review for the more advanced painters too. *No Class Dates: Oct-20*

Nancy Caldwell

HB Art Center

450150-4A	16 yrs +	Th	9:30am-12:30pm	9/15-11/10	\$150/136
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COMPUTERS

BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. \$5 suggested donation is due at the first class.

Senior Center Volunteer		Senior Center in Central Park			
450200-5A	18 yrs +	Tu	9-11:30am	9/13-10/4	\$15
450200-5B	18 yrs +	Tu	9-11:30am	11/8-11/29	\$15

BUYING ON THE INTERNET

Discuss advantages to purchasing on the internet, including comparison shopping, product details and reviews from other buyers. Learn how to efficiently search the internet using various search engines, search bars and address bars. Acquire the skills and comfort to help you get the best bang for your buck online! Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450202-5A	18 yrs +	Sa	9am-12pm	9/3-9/3	\$38

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450205-5A	18 yrs +	F	9am-12pm	9/16-9/30	\$72
450205-5B	18 yrs +	F	9am-12pm	10/14-10/28	\$72
450205-5C	18 yrs +	Th	9am-12pm	12/1-12/15	\$72

FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander		Senior Center in Central Park			
450201-5A	18 yrs +	Sa	9am-12pm	9/17-9/17	\$38
450201-5B	18 yrs +	Sa	9am-12pm	10/15-10/15	\$38
450201-5C	18 yrs +	Sa	9am-12pm	12/3-12/3	\$38

G-MAIL & OTHER GOODIES

A 3-hour hands-on workshop: Learn to use G-Mail and familiarize yourself with many of the FREE Google applications available. Tour the Google Maps, Calendar, the "play" store, Google Docs, Google News, YouTube, etc. Take advantage of free Google goodies. Class notes provided.

Joel Lander		Senior Center in Central Park			
450220-5A	18 yrs +	Sa	9am-12pm	9/10-9/10	\$38
450220-5B	18 yrs +	Sa	9am-12pm	10/8-10/8	\$38
450220-5C	18 yrs +	Th	2-5pm	10/20-10/20	\$38
450220-5D	18 yrs +	F	9am-12pm	11/4-11/4	\$38
450220-5E	18 yrs +	Sa	9am-12pm	12/10-12/10	\$38

INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo and you will know the latest on the do's and don'ts of Facebook.

OCSeniors Club		Senior Center in Central Park			
450218-5A	55 yrs +	M	1:30-2:30pm	9/12-10/3	\$46
450218-5B	55 yrs +	M	1:30-2:30pm	10/10-10/31	\$46

INTRODUCTION TO SMARTPHONES & TABLETS

This 1-hour walk-in is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery.

OCSeniors Club		Senior Center in Central Park			
450219-5A	55 yrs +	M	2:45-3:45pm	9/12-10/3	\$46
450219-5B	55 yrs +	M	2:45-3:45pm	10/10-10/31	\$46

ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7, or 8. Requires basic computer skills. Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450210-5A	18 yrs +	Th	9am-12pm	9/8-9/15	\$66
450210-5B	18 yrs +	Th	9am-12pm	11/3-11/10	\$66

PICASA, PHOTO EDITING AND ORGANIZING

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via emails, web albums, CDs, prints and much more. Advanced registration strongly advised.

Joel Lander		Senior Center in Central Park			
450214-5A	18 yrs +	Th	9am-12pm	10/6-10/20	\$72
450214-5B	18 yrs +	F	9am-12pm	12/2-12/16	\$72

PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

OCSeniors Club		Senior Center in Central Park			
450217-5A	55 yrs +	M	11:15am-12:15pm	9/12-10/3	\$46
450217-5B	55 yrs +	M	11:15am-12:15pm	10/10-10/31	\$46

WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, share and discover. Requires basic computer skills.

Joel Lander		Senior Center in Central Park			
450211-5A	18 yrs +	Th	2-5pm	10/6-10/13	\$66

WINDOWS 10

This is a 3-hour, starter workshop. Explore some new features in Windows 10. The start screen, desktop, tiles, charms, side bars and more. Also, a discussion on organizing your files & folders and backing up your computer. **NOTE:** This class is for individuals with basic computer experience, not for beginners.

Joel Lander		Senior Center in Central Park			
450212-5A	18 yrs +	Sa	9am-12pm	9/24-9/24	\$38
450212-5B	18 yrs +	Sa	9am-12pm	10/22-10/22	\$38
450212-5C	18 yrs +	F	9am-12pm	11/18-11/18	\$38
450212-5D	18 yrs +	Th	2-5pm	12/1-12/1	\$38

COOKING

APPETIZERS AND DESSERTS

The most important part of planning the perfect party is the food. In this class you will be learning all new appetizer and dessert recipes along with storing to have on hand for last minute entertaining to display of food for the perfect Holiday party. \$15 materials fee due first class.

April Berg		Edison Community Center			
450308-2A	18 yrs +	Tu	6:15-9:15pm	10/25	\$35

CAKE DECORATING BUILDING BUTTERCREAM SKILLS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

Rebecca Mejia		Murdy Community Center			
450301-1A	13 yrs +	Tu	6-8pm	9/13-10/4	\$50
450301-1B	13 yrs +	Tu	6-8pm	10/11-11/1	\$50
450301-1C	13 yrs +	Tu	6-8pm	11/8-11/29	\$50

CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

Rebecca Mejia		Murdy Community Center			
450304-1A	13 yrs +	W	6-8pm	10/5-10/26	\$50
450304-1B	13 yrs +	W	6-8pm	11/2-11/23	\$50

CANNING THE HARVEST BOUNTY

You don't need a garden to benefit from this class. The Farmer's Market will do. You will learn the techniques of hot and cold baths, freezing, and drying. We will be making several jams, jellies, relishes, fruit butters, and different jerkys. \$15 materials fee due first class.

April Berg		Edison Community Center			
450306-2A	18 yrs +	Tu	6:15-9:15pm	9/13-9/13	\$35

GIFTS FROM THE KITCHEN

So many friends, so many gifts to buy. Why not give them a gift straight from the heart and home. You will learn to make all types of food gifts: bread and cookie mixes, drink mixes, BBQ mixes. Also you will learn presentation and grouping techniques. \$15 materials fee due first class.

April Berg		Edison Community Center			
450305-2A	18 yrs +	Tu	6:15-9:15pm	11/29-11/29	\$35

HOLIDAY ENTERTAINING

In this class you will learn to prepare different types of dressings, potato dishes, vegetable dishes, relishes, desserts, and so much more. You will also learn to fry a turkey. This class is all new recipes. \$15 materials fee due first class.

April Berg		Edison Community Center			
450309-2A	18 yrs +	Tu	6:15-9:15pm	11/8-11/8	\$35

DANCE

ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free. *No Class Dates: Oct-31*

Huntington Academy of Dance		City Gym and Pool			
450442-3A	16 yrs +	M	7-8pm	9/12-11/14	\$95
Huntington Academy of Dance		16601 Gothard Street, Suite A			
450442-1A	16 yrs +	W	7:30-8:30pm	9/14-11/16	\$105

BALLET & BALLET STRETCH FOR ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Huntington Academy of Dance		16601 Gothard Street, Suite A			
450426-1A	18 yrs +	M	12:30-1:30pm	9/12-10/17	\$49
450426-1B	18 yrs +	M	12:30-1:30pm	10/24-11/28	\$49

DANCE: BALLROOM

The elegant Ballroom dances: Waltz and Cha Cha Session
1. Foxtrot and Merengue Session 2. Foxtrot and Cha Cha Session
3. Classic dance moves will give you confidence at parties, nightclubs, weddings, and cruises. No partner needed.

Kaylaa Fox		Edison Community Center			
450407-2A	16 yrs +	M	7-7:45pm	9/12-10/3	\$49
450407-2B	16 yrs +	M	7-7:45pm	10/10-10/31	\$49
450407-2C	16 yrs +	M	7-7:45pm	11/7-11/28	\$49

DANCE: COUNTRY LINE

Country Line Dance is so big, you can go out dancing to "in" country music immediately. Meet new friends, socialize, and have fun! Calories just jump off as your boots are flying to the music on the dance floor. *No Class Dates: Nov-24*

Kaylaa Fox			Edison Community Center		
450413-2A	16 yrs +	W	7:30-8:15pm	9/14-10/5	\$49
450413-2B	16 yrs +	W	7:30-8:15pm	10/12-11/2	\$49
450413-2C	16 yrs +	W	7:30-8:15pm	11/9-11/30	\$49

Kaylaa Fox			Murdy Community Center		
450413-1A	18 yrs +	Th	7-7:45pm	9/15-10/6	\$49
450413-1B	18 yrs +	Th	7-7:45pm	10/13-11/3	\$49
450413-1C	18 yrs +	Th	7-7:45pm	11/10-12/8	\$49

DANCE: COUNTRY TWO STEP

Romantic COUNTRY 2 STEP lets you dance with your own partner or meet a partner in class or out at The COUNTRY CLUBS. Listen to favorite songs played by DJ and bands as you dance to the beat. No partner needed. *No Class Dates: Nov-24*

Kaylaa Fox			Edison Community Center		
450415-2A	18 yrs +	W	8:15-9pm	9/14-10/5	\$49
450415-2B	18 yrs +	W	8:15-9pm	10/12-11/2	\$49
450415-2C	18 yrs +	W	8:15-9pm	11/9-11/30	\$49

Kaylaa Fox			Murdy Community Center		
450415-1A	16 yrs +	Th	7:45-8:30pm	9/15-10/6	\$49
450415-1B	16 yrs +	Th	7:45-8:30pm	10/13-11/3	\$49
450415-1C	16 yrs +	Th	7:45-8:30pm	11/10-12/8	\$49

DANCE: SALSA

SALSA dance is exploding in clubs and parties with its exotic rhythms just waiting to be Danced to. It is just plain sexy! Easy patterns in this class will take you out socializing and Dancing immediately. No partner needed.

Kaylaa Fox			Murdy Community Center		
450421-1A	16 yrs +	Th	8:30-9:15pm	9/15-10/6	\$49
450421-1B	16 yrs +	Th	8:30-9:15pm	10/13-11/3	\$49

DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. HOSTED BY MICHAEL and OLIVIA LAI. *No Class Dates: Nov-24*

Kaylaa Fox			Murdy Community Center		
450423-1A	16 yrs +	Th	8:15-9:15pm	9/15-10/6	\$40
450423-1B	16 yrs +	Th	8:15-9:15pm	10/13-11/3	\$40

DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. HOSTED BY MICHAEL And OLIVIA LAI. *No Class Dates: Nov-24*

Kaylaa Fox			Murdy Community Center		
450424-1A	16 yrs +	Th	7:15-8:15pm	9/15-10/6	\$40
450424-1B	16 yrs +	Th	7:15-8:15pm	10/13-11/3	\$40

DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. HOSTED BY MICHAEL and OLIVIA LAI. *No Class Dates: Nov-24*

Kaylaa Fox			Murdy Community Center		
450422-1A	18 yrs +	Th	6:15-7:15pm	9/15-10/6	\$40
450422-1B	18 yrs +	Th	6:15-7:15pm	10/13-11/3	\$40

DANCE: BRIDE AND GROOM'S FIRST DANCE

Bride & Groom's first Dance Class: Bride & Groom will learn how to dance to their FIRST DANCE music. One meeting class for one hour. Great for FATHER DAUGHTER Dance and MOTHER SON Dance, too. Just bring your music or choices.

Kaylaa Fox			Murdy Community Center		
450449-1A	18 yrs +	Th	6-7pm	9/22	\$25
450449-1B	18 yrs +	Th	6-7pm	10/13	\$25

DANCE: HULA 'AUANA 'O KEKULAKAPU

Aloha Mai-This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from the era of King David Kalakaua to the present. Please bring a pencil and paper to the first class meeting.

Guava Groove			Senior Center in Central Park		
450451-5A	35-65 yrs	W	9:30-10:30am	9/14-11/16	\$95

DANCE: SWING

Classic Swing dance moves will give you confidence at nightclubs, parties, weddings, and cruises. No partner needed.

Kaylaa Fox			Edison Community Center		
450452-2A	16 yrs +	M	7:45-8:30pm	9/12-10/3	\$49
450452-2B	16 yrs +	M	7:45-8:30pm	10/10-10/31	\$49
450452-2C	16 yrs +	M	7:45-8:30pm	11/7-11/28	\$49

LINE DANCE FITNESS NEW BEGINNERS

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-11, Nov-25*

Suzy Hazard			Senior Center in Central Park		
450419-5A	18 yrs +	F	3-3:55pm	9/23-12/9	\$54

Linda Maarleveld			Senior Center in Central Park		
450450-5A	18 yrs+	Tu	2:30-3:30pm	9/13-12/6	\$71
450450-5B	18 yrs+	Tu	4-5pm	9/13-12/6	\$71

LINE DANCE FITNESS: LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisite: New Beginner Line Dance. *No Class Dates: Nov-11, Nov-25*

Suzy Hazard			Senior Center in Central Park		
450420-5A	18 yrs +	F	4-5pm	9/23-12/9	\$54

Linda Maarleveld			Senior Center in Central Park		
450453-5A	18 yrs+	W	7-8:30pm	9/21-12/7	\$65

Register Online! www.hbsands.org

LINE DANCE FITNESS LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience. *No Class Dates: Nov-9, Nov-23*

Suzy Hazard Senior Center in Central Park
450428-5A 18 yrs + W 3-4:30pm 9/21-12/7 \$54

LINE DANCE FITNESS 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. *No Class Dates: Nov-7, Nov-14*

Suzy Hazard Senior Center in Central Park
450433-5A 18 yrs + M 3:15-4:45pm 9/19-12/5 \$54

LINE DANCE FITNESS LEVEL 3/4

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-9, Nov-23*

Suzy Hazard Senior Center in Central Park
450434-5A 18 yrs + W 1-2:30pm 9/21-12/7 \$54

PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Times and dates to be arranged with instructor.

SockhopFitness Edison Community Center
450402-2A 6 yrs + TBA TBA TBA \$60

TUPUA'S BEGINNING POLYNESIAN

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

Tupua Productions Senior Center in Central Park
450440-5A 13 yrs + Tu 6:30-7:30pm 9/13-11/22 \$96

TUPUA'S ADVANCED POLYNESIAN

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing, bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau."

Tupua Productions Senior Center in Central Park
450439-5A 13 yrs + Tu 7:30-8:30pm 9/13-11/22 \$96

IRA WEISBURD LINE DANCING WORKSHOP

Ira Weisburd is well known for his dancer-friendly choreographies and is a recent recipient of the distinguished Male Instructor of the Year Award. His dances continue to be some of the most requested dances here and around the world. Two workshops to choose from – come enjoy both if you want! Sign up early for \$25, fee will be \$35 after September 1.

Suzy Hazard Senior Center in Central Park
451201-5A 18 yrs + Sa 10am-12pm 10/29-10/29 \$25
451201-5B 18 yrs + Sa 1:30-3:30pm 10/29-10/29 \$25

DOG TRAINING

AKC CANINE GOOD CITIZEN TEST

If your dog has already learned basic obedience commands and is relaxed and friendly around other dogs and people, sign him up to be tested in ten skill areas and have him earn his Canine Good Citizen certificate from American Kennel Club! Please call (714) 532-3647 if you'd like a list of the 10 skills to be tested.

Dog Services Unlimited Edison Community Center
450503-2A 10 yrs + Tu 8:30-9:15pm 10/25-11/1 \$28

DOG TRAINING: PUPPY KINDERGARTEN

Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other topics. Certificates presented at the last class. The first meeting held inside building, WITHOUT PUPPIES. Bring vaccination records. \$10 materials fee due at first class, includes training manual. *No Class Dates: Oct-31*

Dog Services Unlimited Murdy Community Center
450502-1A 10 yrs + M 6:30-7:30pm 10/17-11/28 \$84

DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting inside building, WITHOUT DOGS. Bring shot records and \$10 materials fee (includes training manual).

Dog Services Unlimited Edison Community Center
450504-2A 10 yrs + Tu 7:30-8:30pm 9/20-11/1 \$95
450504-2B 10 yrs + W 6-7pm 10/19-11/30 \$95

Dog Services Unlimited Murdy Community Center
450504-1A 10 yrs + Th 7-8pm 10/6-11/17 \$95

DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 materials fee to first lesson. Pre-registration is required.

Dog Services Unlimited Murdy Community Center
450506-1A 10 yrs + M 7:30-8:45pm 11/7-11/28 \$82

FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called". First class held without dogs.

Surf City Flyball Dog Park-Central Park-Slater/Goldenwest Street
450507-1A 18 yrs + Sa 9-10am 9/17-11/12 \$95

FLYBALL INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition.

Surf City Flyball Dog Park-Central Park-Slater/Goldenwest Street
450508-1A 18 yrs + Sa 10-11:30am 9/17-11/12 \$95

EDUCATIONAL

ITALIAN: CONVERSATIONAL ITALIAN 1A

This Italian course will focus on the basics of conversational Italian and be geared to the most useful expressions and vocabulary for daily use and travel. Come and learn communication of daily activities, introductions, and descriptions. The program is adjusted to the requests and abilities of the participants. No experience is required. Ci vediamo! (see you soon!).

Spectrum Languages **Edison Community Center**
450601-2A 18 yrs + Th 6:30-7:30pm 9/15-11/17 \$168

ITALIAN: CONVERSATIONAL ITALIAN 1B

Do you already know some Italian? Have you already attended the Beginning Conversational Italian 1A class? Then this course is for you. A native born Italian teacher will help you move forward with your journey through the Italian language while also having a lot of fun.

Spectrum Languages **Edison Community Center**
450603-2A 18 yrs + Th 7:30-8:30pm 9/15-11/17 \$168

LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00a.m.-12:00p.m.

OC Learning Black History **Senior Center in Central Park**
450610-5A 8 yrs + Sa 10am-12pm 9/24-12/10 \$10

LGBT- STRESS MANAGEMENT FOR WELLNESS

LGBT people often face unique challenges as they age. This class honors the rich life history of its participants and implements holistic education, discussion, activities, films, meditation, short nature walks, and guided autobiography as tools to enhance empowerment, dignity, and quality of life. Class workbook is included.

Karen Fazio **Senior Center in Central Park**
450613-5A 50 yrs + F 10-11am 9/16-11/4 \$68

STRESS MANAGEMENT FOR WELLNESS

This class honors the rich life history of its participants and implements holistic education, the seven dimensions of wellness, discussion, activities, films, meditation, short nature walks, and guided autobiography as tools to enhance empowerment, dignity and quality of life. Class workbook is included.

Karen Fazio **Senior Center in Central Park**
450614-5A 50 yrs + F 11:30am-12:30pm 9/16-11/4 \$68

HEALTH & FITNESS

CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor. No Class Dates: Nov-11, Nov-25

Marianne Grossman **Senior Center in Central Park**
450816-5A 55 yrs + F 10:15-11:15am 9/16-12/9 \$55

CARDIO STRENGTH & STRENGTH TRAINING

Whether you are a beginner or advanced, see results faster! Join us for a mix of step cardiovascular training, low impact, core, and muscular strength training to blast calories and improve total health. Steps and hand-held weights provided. Please bring mat, towel, and water. No Class Dates: Nov-24

Joanne Pridomirski **Edison Community Center**
450850-2A 13 yrs + Tu,Th 8:45-9:45am 9/13-12/8 \$89

CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. No Class Dates: Nov-11, Nov-21, Nov-23, Nov-25

Susan Hardy **Edison Community Center**
450851-2A 13 yrs + M,W,F 5:15-6:15pm 9/12-12/16 \$142

CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$165. No Class Dates: Nov-11, Nov-21, Nov-25

Susan Hardy **Murdy Community Center**
450835-1A 13 yrs + M,W,F 9:15-10am 9/12-12/16 \$136

SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated!

Marianne Grossman **Senior Center in Central Park**
450837-5A 55 yrs + Tu,F 9-9:45am 9/13-12/9 \$69

FITNESS FOR LIFE

Come join our work-out using body weights, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

Phil Hart **Senior Center in Central Park**
450838-5A 40 yrs + W 6-7pm 9/21-11/16 \$95

FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). Materials fee of \$4 for Dynaband payable in class. No Class Dates: Nov-21, Nov-22, Nov-24

Marianne Grossman **Senior Center in Central Park**
450817-1A 18 yrs + Th 9:15-10am 9/15-12/8 \$59
450817-5A 55 yrs + Tu 10:15-11am 9/13-12/6 \$59
450817-5B 55 yrs + Th 9:15-10am 9/15-12/8 \$59

HB PILATES: UNLIMITED HB PILATES CLASSES

Enjoy the convenience of making your own workout schedule and the opportunity to come to an unlimited number of classes per week! Unlimited HB Pilates classes allow you access to all HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Power Yoga and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates	All Community Center Locations				
450896-1A	16 yrs +	M thru Sa	TBD	9/12-10/15	\$195
450896-1B	16 yrs +	M thru Sa	TBD	10/17-11/19	\$195
450896-1C	16 yrs +	M thru Sa	TBD	11/21-12/17	\$162

HB PILATES: PRIVATE PILATES/PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates	All Community Center Locations				
450897-1A	16 yrs +	TBD	1 Session	9/12-12/7	\$76
450897-1B	16 yrs +	TBD	10 Sessions	9/12-12/7	\$700
450897-1C	16 yrs +	TBD	20 Sessions	9/12-12/7	\$1300

HB PILATES STROLLER WORKOUT

Calling all moms! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for a one-hour workout that will sculpt and tighten your entire body while you are bonding with your babies and making new mom friends! Kids 0-4 welcome. 2 kids max. Bring stroller, mat, water, and snacks. Meet us in front of the new Senior Center! Email: info@hbpilates.com for questions.

HB Pilates	Senior Center in Central Park				
450825-5A	18 yrs +	Tu	9-10am	9/13-10/11	\$68
450825-5B	18 yrs +	Th	9-10am	9/15-10/13	\$68
450825-5C	18 yrs +	Tu,Th	9-10am	9/13-10/13	\$97
450825-5D	18 yrs +	Tu	9-10am	10/18-11/15	\$68
450825-5E	18 yrs +	Th	9-10am	10/20-11/17	\$68
450825-5F	18 yrs +	Tu,Th	9-10am	10/18-11/17	\$97
450825-5G	18 yrs +	Tu	9-10am	11/22-12/20	\$68
450825-5H	18 yrs +	Th	9-10am	12/1-12/22	\$58
450825-5I	18 yrs +	Tu,Th	9-10am	11/22-12/20	\$87

HB PILATES: AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks. No Class Dates: Nov-11, Nov-25

HB Pilates	City Gym and Pool				
450833-3A	16 yrs +	W	11-11:30am	9/14-10/12	\$37
450833-3B	16 yrs +	W	11-11:30am	10/19-11/16	\$37
450833-3C	16 yrs +	W	11-11:30am	11/23-12/21	\$37

HB Pilates	Edison Community Center				
450833-2A	16 yrs +	F	11:30am-12pm	9/16-10/14	\$43
450833-2B	16 yrs +	F	11:30am-12pm	10/21-11/18	\$37
450833-2C	16 yrs +	F	11:30am-12pm	12/2-12/16	\$30

HB Pilates	Murphy Community Center				
450833-1A	16 yrs +	M	11-11:30am	9/12-10/10	\$43
450833-1B	16 yrs +	M	11-11:30am	10/17-11/14	\$43
450833-1C	16 yrs +	M	11-11:30am	11/21-12/12	\$37
450833-1D	16 yrs +	W	6:30-7pm	9/14-10/12	\$43
450833-1E	16 yrs +	W	6:30-7pm	10/19-11/16	\$43
450833-1F	16 yrs +	W	6:30-7pm	11/23-12/14	\$37

HB PILATES: LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. All other equipment provided. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates	Edison Community Center				
450839-2A	16 yrs +	M	9-10am	9/12-10/10	\$68
450839-2B	16 yrs +	M	9-10am	10/17-11/14	\$68
450839-2C	16 yrs +	M	9-10am	11/21-12/12	\$58
450839-2D	16 yrs +	F	9-10am	9/16-10/14	\$68
450839-2E	16 yrs +	F	9-10am	10/21-11/18	\$58
450839-2F	16 yrs +	F	9-10am	12/2-12/16	\$45

HB Pilates	Murphy Community Center				
450839-1A	16 yrs +	Th	9-10am	9/15-10/13	\$68
450839-1B	16 yrs +	Th	9-10am	10/20-11/17	\$68
450839-1C	16 yrs +	Th	9-10am	12/1-12/15	\$58
450839-1D	16 yrs +	W	7-8pm	9/14-10/12	\$68
450839-1E	16 yrs +	W	7-8pm	10/19-11/16	\$68
450839-1F	16 yrs +	W	7-8pm	11/23-12/14	\$58

HB PILATES: PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. No Class Dates: Nov-24

HB Pilates	City Gym and Pool				
450855-3A	16 yrs +	W	10-11am	9/14-10/12	\$62
450855-3B	16 yrs +	Th	7-8pm	9/15-10/13	\$62
450855-3C	16 yrs +	W	10-11am	10/19-11/16	\$62
450855-3D	16 yrs +	Th	7-8pm	10/20-11/17	\$62
450855-3E	16 yrs +	W	10-11am	11/23-12/21	\$62
450855-3F	16 yrs +	Th	7-8pm	12/1-12/22	\$52

HB Pilates	Edison Community Center				
450855-2A	16 yrs +	M	7:30-8:30pm	9/12-10/10	\$68
450855-2B	16 yrs +	M	7:30-8:30pm	10/17-11/14	\$68
450855-2C	16 yrs +	M	7:30-8:30pm	11/21-12/12	\$58
450855-2D	16 yrs +	W	7-8pm	9/14-10/12	\$68
450855-2E	16 yrs +	W	7-8pm	10/19-11/16	\$68
450855-2F	16 yrs +	W	7-8pm	11/23-12/14	\$58

HB Pilates	Murphy Community Center				
450855-1A	16 yrs +	Tu	7-8pm	9/13-10/11	\$68
450855-1B	16 yrs +	Tu	7-8pm	10/18-11/15	\$68
450855-1C	16 yrs +	Tu	7-8pm	11/22-12/13	\$58
450855-1D	16 yrs +	Sa	10-11am	9/17-10/15	\$68
450855-1E	16 yrs +	Sa	10-11am	10/22-11/19	\$68
450855-1F	16 yrs +	Sa	10-11am	11/26-12/17	\$58

HB PILATES: PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth, and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and postpartum women (minimum 6-8 weeks postpartum, with doctor's approval.) Drop-Ins: \$18. Please bring mat, towel, grip socks, and water. No Class Dates: Nov-24

HB Pilates	Murphy Community Center				
450856-1A	18 yrs +	Th	6-7pm	9/15-10/13	\$73
450856-1B	18 yrs +	Th	6-7pm	10/20-11/17	\$73
450856-1C	18 yrs +	Th	6-7pm	12/1-12/15	\$48

HB PILATES: PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates			City Gym and Pool		
450811-3A	16 yrs +	W	9-10am	9/14-10/12	\$65
450811-3B	16 yrs +	Th	6-7pm	9/15-10/13	\$65
450811-3C	16 yrs +	W	9-10am	10/19-11/16	\$66
450811-3D	16 yrs +	Th	6-7pm	10/20-11/17	\$66
450811-3E	16 yrs +	W	9-10am	11/23-12/21	\$67
450811-3F	16 yrs +	Th	6-7pm	12/1-12/22	\$57

HB Pilates			Edison Community Center		
450811-2A	16 yrs +	M	6:30-7:30pm	9/12-10/10	\$65
450811-2B	16 yrs +	M	6:30-7:30pm	10/17-11/14	\$66
450811-2C	16 yrs +	M	6:30-7:30pm	11/21-12/12	\$57
450811-2D	16 yrs +	Tu	9-10am	9/13-10/11	\$65
450811-2E	16 yrs +	Tu	9-10am	10/18-11/15	\$66
450811-2F	16 yrs +	Tu	9-10am	11/22-12/13	\$57
450811-2G	16 yrs +	W	6-7pm	9/14-10/12	\$65
450811-2H	16 yrs +	W	6-7pm	10/19-11/16	\$66
450811-2I	16 yrs +	W	6-7pm	11/23-12/14	\$57
450811-2J	16 yrs +	F	10:30-11:30am	9/16-10/14	\$65
450811-2K	16 yrs +	F	10:30-11:30am	10/21-11/18	\$56
450811-2L	16 yrs +	F	10:30-11:30am	12/2-12/16	\$45

HB Pilates			Murdy Community Center		
450811-1A	16 yrs +	M	10-11am	9/12-10/10	\$65
450811-1B	16 yrs +	M	10-11am	10/17-11/14	\$66
450811-1C	16 yrs +	M	10-11am	11/21-12/12	\$57
450811-1D	16 yrs +	Tu	6-7pm	9/13-10/11	\$65
450811-1E	16 yrs +	Tu	6-7pm	10/18-11/15	\$66
450811-1F	16 yrs +	Tu	6-7pm	11/22-12/13	\$57
450811-1G	16 yrs +	Th	5-6pm	9/15-10/13	\$65
450811-1H	16 yrs +	Th	5-6pm	10/20-11/17	\$66
450811-1I	16 yrs +	Th	5-6pm	12/1-12/15	\$45
450811-1J	16 yrs +	Sa	9-10am	9/17-10/15	\$65
450811-1K	16 yrs +	Sa	9-10am	10/22-11/19	\$65
450811-1L	16 yrs +	Sa	9-10am	11/26-12/17	\$57

HB PILATES: PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. No class 11/11 and 11/25

HB Pilates			Senior Center in Central Park		
450879-5A	18 yrs	M	9/12-10/10	12:30-1:30pm	\$58
450879-5B	18 yrs	W	9/14-10/12	12:00-1:00pm	\$58
450879-5C	18 yrs	F	9/16-10/14	12:30-1:30pm	\$58
450879-5D	18 yrs	Any 2 days		TBA	\$105
450879-5E	18 yrs	All 3 days		TBA	\$115
450879-5F	18 yrs	M	10/17-11/14	12:30-1:30pm	\$58
450879-5G	18 yrs	W	10/19-11/16	12:00-1:00pm	\$58
450879-5H	18 yrs	F	10/21-11/18	12:30-1:30pm	\$48
450879-5I	18 yrs	Any 2 days (No Fridays)		TBA	\$105
450879-5J	18 yrs	Any 3 days (With Fridays)		TBA	\$97
450879-5K	18 yrs	All 3 days		TBA	\$109
450879-5L	18 yrs	M	1/21-12/19	12:30-1:30pm	\$58
450879-5M	18 yrs	W	11/23-12/21	12:00-1:00pm	\$58
450879-5N	18 yrs	F	12/2-12/23	12:30-1:30pm	\$48
450879-5O	18 yrs	Any 2 days (No Fridays)		TBA	\$105
450879-5P	18 yrs	Any 3 days (With Fridays)		TBA	\$97
450879-5Q	18 yrs	All 3 days		TBA	\$109

HB PILATES: PILATES CHAIR – SITTING ONLY

Pilates Chair-Sitting only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: strength, flexibility, posture, and an enhanced mind-body connection. Bring water and grip socks.

HB Pilates			Senior Center in Central Park		
450895-5A	18 yrs +	M	11:45am-12:30pm	9/12-10/10	\$48
450895-5C	18 yrs +	M	11:45am-12:30pm	11/21-12/19	\$48
450895-5B	18 yrs +	M	11:45am-12:30pm	10/17-11/14	\$48

HB: PILATES: 5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates class: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Power Yoga and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates			All Community Center Locations		
450611-1A	16 yrs +	Attend Any	9/12-10/15		\$85
450611-1B	16 yrs +	HB Pilates	10/17-11/19		\$85
450611-1C	16 yrs +	Class	11/21-12/17		\$85

HB PILATES: 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10 class the pass for you! Mix and match your classes with any HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Power Yoga and Stroller Workout! Limited spaces available/some restrictions apply. Email info@hbpilates.com for questions. No Class Dates: Nov-11, Nov-24, Nov-25

HB Pilates			All Community Center Locations		
450612-1A	16 yrs +	Attend Any	9/12-10/15		\$160
450612-1B	16 yrs +	HB Pilates	10/17-11/19		\$160
450612-1C	16 yrs +	Class	11/21-12/17		\$160

HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. *Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$165.

Susan Hardy			Murdy Community Center		
450841-1A	13 yrs +	M,W,F	8:30-9:15am	9/12-12/16	\$136

JAZZERCISE

Torch fat, sculpt lean muscle and CRUSH calories with this high intensity workout that mixes dance based cardio with strength training. Fresh pulse pounding music and body blasting moves jam up the intensity to transform your body, boost your mood, and IGNITE YOUR ENERGY! Mondays 9-10am, Tuesdays 5:30-6:35 pm, Wednesdays 8-9 am, Fridays 9-10am

Erica Den Hartog			City Gym and Pool		
450853-3A	13 yrs +	10 class pack	9/5-12/20		\$68
450853-3B	13 yrs +	20 class pack	9/5-12/20		\$98

Register Online! www.hbsands.org

KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Julia Weber

Murdy Community Center

450842-1A 14 yrs + Tu 7-8pm 9/13-11/29 \$89

KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living.

David Phears

Senior Center in Central Park

450815-5A 18 yrs + M 9:30-10:30am 10/10-11/28 \$125

MENTAL GYMNASTICS

Learn the latest research on the brain and how you can use it to become stronger and sharper as you get older by exercising your mental abilities, memory, and critical thinking power. Also included will be nutrition, exercise, and attitude changes than can empower you on a daily basis. Join this fun and supportive group and learn tools for life to keep "senior moments" from becoming "senior months."

Sharon Fleming

Senior Center in Central Park

450877-5A 18 yrs + Th 9:15-11:15am 10/13-12/8 \$79

QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

Donald Walker

Murdy Community Center

450864-1A 18 yrs + W 6-7:15pm 9/14-10/26 \$49

SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!
No Class Dates: Nov-27

Susan Hardy

Edison Community Center

450846-2A 13 yrs + Sa 9:15-10:15am 9/17-12/17 \$60

SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Georgia Spidle

Lake Park Clubhouse, 1035 11th Street

450847-2A 18 yrs + M,W,F 9-10am 9/12-12/2 \$60

HB PILATES POWER YOGA

Join us for an hour of Power! This dynamic yoga class will focus on increasing strength and flexibility while utilizing rhythmic breath, and building heat and stamina in the body and mind. Bring mat, towel, water. Suggested props: yoga strap, yoga blocks (1-2).

HB Pilates

Senior Center in Central Park

450878-5A	16 yrs +	W	6-7pm	9/12-10/10	\$68
450878-5B	16 yrs +	Sa	9am-10pm	9/17-10/15	\$68
450878-5C	16 yrs +	W	6-7pm	10/17-11/14	\$68
450878-5D	16 yrs +	Sa	9-10am	10/22-11/19	\$68
450878-5E	16 yrs +	W	6-7pm	11/21-12/12	\$68
450878-5F	16 yrs +	Sa	9-10am	11/26-12/17	\$68

CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. Instructor: Diane Pavesic, Certified Yoga Educator, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Oct-10, Oct-17, Nov-21*

Diane Pavesic

Senior Center in Central Park

450866-5A	18 yrs +	M	10-11am	9/19-12/5	\$74
450866-5B	18 yrs +	M	11:15am-12:15pm	9/19-12/5	\$74

YOGA AT EDISON

Yoga unites mind & body improving general health, balance, and well-being. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Educator, BSN, CCM, YTRx-500 C, ERYT-500. *No Class Dates: Oct-12, Oct-19, Nov-23*

Diane Pavesic

Edison Community Center

450868-2A	18 yrs +	W	4:30-5:30pm	9/21-12/7	\$74
450868-2B	18 yrs +	W	5:45-6:45pm	9/21-12/7	\$74
450868-2C	18 yrs +	W	7-8pm	9/21-12/7	\$74



Personal Training and Fitness Center
Memberships available at the
Senior Center in Central Park.
For Information call 714-374-1578



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YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500. No Class Dates: Oct-13, Oct-20, Nov-24

Diane Pavesic		Senior Center in Central Park			
450872-5A	18 yrs + Th	10am-11am	9/22-12/8	\$74	
450872-5B	18 yrs + Th	11am-12pm	9/22-12/8	\$74	

YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding. No Class Dates: Oct-10, Oct-11, Oct-12, Nov-11, Nov-21, Nov-22, Nov-23, Nov-25

Jacki King, E-RYT		Murdy Community Center			
450876-1F	18 yrs + M	4:35-5:35pm	9/19-12/5	\$82	
450876-1H	18 yrs + W	4-5pm	9/21-12/7	\$82	

Susan Holden		Murdy Community Center			
450876-1A	16 yrs + M	6-7pm	9/19-12/5	\$82	
450876-1B	16 yrs + M	7:15-8:15pm	9/19-12/5	\$82	
450876-1C	16 yrs + Tu	5:30-6:45pm	9/20-12/6	\$82	
450876-1D	16 yrs + F	4-5pm	9/23-12/9	\$82	

Yvonne Carmichael		Lake View Clubhouse, 17461 Zeider Lane			
450876-1E	16 yrs + W	10:30am-12pm	9/14-11/2	\$97	
450876-1G	16 yrs + F	10:30am-12pm	9/16-11/4	\$97	

YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

Yvonne Carmichael		City Gym & Pool			
450867-3A	16 yrs + M	10:30am-12pm	9/12-11/14	\$97	

YOGA

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket.

Susan Holden		Senior Center in Central Park			
450892-5A	16 yrs+ T	10:30-11:30am	9/20-12/6	\$74	

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: Oct-31, Nov-24

Elizabeth Pham		Senior Center in Central Park			
450881-5A	18 yrs + M	6:45-8:15pm	9/12-12/12	\$65	
450881-5B	18 yrs + Th	9-10:30am	9/15-12/15	\$65	

TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. No Class Dates: Oct-31 and Nov-24

Shona Howe		Senior Center in Central Park			
450882-5A	18 yrs + M	6:45-8:15pm	9/12-12/12	\$65	
450882-5B	18 yrs + Th	9-10:30am	9/15-12/15	\$65	

TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength and relax mentally and physically at deep levels. Wear comfortable clothing. Class material and DVD included with \$20 paid to instructor at the first class. Check payable to Makena Solutions LLC or Bing Luh.

Makena Solutions LLC		HB Art Center			
Free Demo	Tu	10:30-11:45 am	9/27	Free	
450884-4A	16 yrs + Tu	10:30-11:45am	10/4-11/22	\$109/99	
Free Demo	W	6:30-7:30pm	9/28	Free	
450884-4B	16 yrs + W	6:30-7:45pm	10/5-11/23	\$109/99	

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. No Class Dates: Nov-21, Nov-22

Marianne Grossman		Edison Community Center			
450857-2A	18 yrs + Tu	5:30-6:30pm	9/13-12/6	\$78	

Marianne Grossman		Senior Center in Central Park			
450857-5A	18 yrs + M	5:30-6:30pm	9/12-12/5	\$78	

TOTAL BODY WORKOUT/CARDIO STEP

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. *Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$165. No Class Dates: Nov-11, Nov-21, Nov-23, Nov-25

Susan Hardy		Murdy Community Center			
450886-1A	13 yrs + M,W,F	8:30-10am	9/12-12/16	\$165	

TAI CHI FOR WELLNESS SET 1

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

Donald Walker		Edison Community Center			
450887-2A	18 yrs + M	1-2:15pm	9/12-10/24	\$49	

TAI CHI FOR WELLNESS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free! Must complete Set 1 prior to taking Set 2.

Donald Walker **Edison Community Center**
450911-2A 18 yrs + M 2:30-3:45pm 9/12-10/24 \$49

WALKING AWAY FROM PAIN

Jumpstart your walking to look and feel younger. Revitalize your movement and balance so you can walk farther, faster while pain free. Discover the latest scientific findings regarding how to walk easily and effortlessly while also learning mindful movement and posture skills derived from Tai Chi. Step right up! 1st class is free.

Donald Walker **Edison Community Center**
450898-2A 18 yrs + Tu 1:30-2:45pm 9/27-10/25 \$49

ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12.

SockhopFitness **Edison Community Center**
450858-2A 16 yrs + W 6:30-7:15pm 9/14-12/7 \$77

ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend.

SockhopFitness **Edison Community Center**
450888-2A 16 yrs + M 6-6:45pm 9/12-12/5 \$77

ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Mon class meets 6-6:45pm & Wed meets 6:30-7:15pm

SockhopFitness **Edison Community Center**
450827-2A 16 yrs + M 6-6:45pm 9/12-12/7 \$123
W 6:30-7:15pm

ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party! No Class Dates: Oct-25

SockhopFitness **Murdy Community Center**
450813-1A 6 yrs + Tu 8:05-8:50pm 9/13-12/6 \$75

ZUMBA GOLD/ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances.

Marianne Grossman **Senior Center in Central Park**
450848-5A 55+ Th 10:15-11:15am 9/15-12/8 \$72

MARTIAL ARTS

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$75 includes 4 family members one time per week., and there is a \$6 fee per each extra student. Take 2 days per week for \$115 up to 4 people--if more than 4 students, add \$6 per student.

Frances Cardinal **Senior Center in Central Park**
450904-5A 3 yrs + Tu 5-6pm 9/13-12/13 \$75
450904-5B 3 yrs + Th 5-6pm 9/15-12/15 \$75

KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks

Wadoryu USA **Edison Community Center**
450907-2A 18 yrs + Th 7:15-8:15pm 9/15-12/15 \$100

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$91, any 2 days \$130, all 3 days \$156. No Class Dates: Nov-24

Frances Cardinal **Senior Center in Central Park**
450901-5A 14 yrs + Tu 6:15-7:45pm 9/13-12/13 \$91
450901-5B 14 yrs + Th 6:15-7:45pm 9/15-12/15 \$91
450901-5C 14 yrs + Sa 10am-12pm 9/17-12/17 \$91

TAE KWON DO: ADULT

Develop coordination, improve balance, and achieve total fitness while increasing self-confidence. Uniforms will be available for purchase from instructor.

Kiavash Tillehkoob **City Gym and Pool**
450912-3A 17 yrs + M 7:15-8pm 9/12-11/28 \$199
450912-3B 17 yrs Tu 7:15-8pm 9/13-11/29 \$199
450912-3C 17 yrs W 7:15-8pm 9/14-11/30 \$199
450912-3D 17 yrs Th 7:15-8pm 9/15-12/1 \$199

MUSIC

GUITAR: STRUMMING AND SINGING

Beginning guitar students will learn chords and how to apply them to traditional folk, pop, and camp songs. The class will also introduce students to singing while accompanying themselves on guitar. Fun and interactive, Strumming and Singing will have students young and old ready to bring their skills to the next party, family gathering or camp out!

McGrath Music

451002-2A 10 yrs + Tu 7-8pm 9/13-11/1 \$125

Edison Community Center

GUITAR: MORE STRUMMING AND SINGING

Picking up where Strumming & Singing left off, More Strumming & Singing will take students to the next level of guitar proficiency while retaining the recreational atmosphere of no stress, musical fun. This time around students will delve deeper into chords and apply them to even more interesting songs. Previous Strumming & Singing attendance or guitar experience is prerequisite.

McGrath Music

451001-2A 10 yrs + Tu 8:10-9:10pm 9/13-11/1 \$125

Edison Community Center

GROUP GUITAR

Learn to play guitar from Mr Greg, and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels and all ages are welcome. Full course runs from Sept 15-Dec 8 and is payable in three installments (\$85 tuition due before each class section begins on 9/15, 10/13, and 11/10), but will accept new students all season long! Walk-ins are welcome, but please register by 9/12 for best availability, and GET READY TO ROCK! No Class Dates: Nov-25

The RockBand Experience

451008-4A 16 yrs + Th 4:30-5:30pm 9/15-10/6 \$85/77
451008-4B 16 yr + Th 4:30-5:30pm 10/13-11/3 \$85/77
451008-4C 16 yr + Th 4:30-5:30pm 11/10-12/8 \$85/77

HB Art Center

GUAVA GROOVE UKULELE PLAYERS

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! \$5materials fee is due first class.

Guava Groove

451004-5A 18 yrs + Tu 10:45-11:45am 9/13-10/18 \$65
451004-5B 18 yrs + Tu 10:45-11:45am 10/25-11/29 \$65

Senior Center in Central Park

UKE PLAYERS ANONYMOUS

Would you like to learn to play ukulele? If so, this is the class for you! Uke Players Anonymous will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due first class.

Guava Groove

451003-5A 18 yrs + Tu 9:30-10:30am 9/13-10/18 \$65
451003-5B 18 yrs + Tu 9:30-10:30am 10/25-11/29 \$65

Senior Center in Central Park

SPECIAL INTEREST

DISCOVER YOUR PARENTING POWERS

Discover your parenting powers, feel more empowered and be more confident in an 8 week parenting class that will change the way you look at parenting education forever. This class mixes attachment parenting techniques with connection-based strategies to help you effectively manage your child's behaviors in a consistent and effective way.

The Parenting Skill

450615-1A 18 yrs + W 10:30am-12pm 9/14-11/2 \$150

Murdy Community Center

DINNER BOOK CLUB

Have dinner and stimulating conversation with others who love good books. Please read "The Painted Girls" by Cathy Marie Buchan before the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 materials fee is due at each meeting. Class meets 10/12, 11/9, 12/14, 1/11.

April Berg

451101-5A 18 yrs + W 7-10pm 10/12-1/11 \$35

Senior Center in Central Park

BEGINNING BRIDGE

This can be the beginning of the journey into the exciting game of bridge. This is called contract or party bridge because it is a fun game. Not the easiest game to learn but very rewarding. Patience and practice make it work. No partner requirement. Lecture, handouts, quizzes all help.

Rita Spira

451102-5A 18 yrs + M 2-4pm 9/12-11/7 \$66
451102-5B 18 yrs + W 6:30-8:30pm 9/14-11/9 \$66

Senior Center in Central Park

BRIDGE INTERMEDIATE 1

Knowledge of the Basics is required as you move to the next level of your bridge learning experience. Many conventions will be covered: Stayman, Take out double, Blackwood, Jacoby Transfer, Defending strategy, Michael's cuebid and more will be covered. Handouts with each lesson. No partner required to participate.

Rita Spira

451103-5A 18 yrs + Tu 2:30-4:30pm 9/13-11/8 \$66

Senior Center in Central Park

CPR/AED FOR INFANTS, CHILDREN AND ADULTS

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 materials fee due first class. Includes Heartsaver CPR book.

OC-CPR NET

451104-1A 16 yrs + Sa 9am-1pm 10/29-10/29 \$50

Murdy Community Center

OC-CPR NET

451104-5A 16 yrs + Sa 9am-2pm 11/19-11/19 \$50

Senior Center in Central Park

SEWING 101

Learn to thread the sewing machine, use a pattern, complete a fabric and cutting lesson, and learn sewing terminology. You will design and complete a reversible tote bag. Perfect for the beginner! *No Class Dates: Nov-26*

Fashion Camp

Murdy Community Center

451118-1A	8 yrs +	Th	2-4pm	10/6-10/27	\$145
451118-1B	8 yrs +	Sa	10am-12pm	11/5-12/3	\$145

ZEN DOODLING

A great way to focus and experience a sense of peace and well-being while discovering your artistic ability. Learn simple and repetitive designs, beautiful patterns and shapes. It will boost your creative confidence and increase your perception "of seeing" your surroundings. Create your own delightful designs or color a pre-made template. Surprise yourself at the beauty you can make while listening to music using color pencils, markers and pens. Class meets the 2nd and 4th Monday of each month.

Recreation Staff

Senior Center in Central Park

451117-5A	18 yrs +	M	12:30-1:30pm	9/12-12/12	\$6
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SPORTS

BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. Trainings held at 15th St and PCH. For more info, please visit www.GoldenCoastVolleyball.com.

Beach Volleyball CA Inc

City Beach

451313-2A	18 yrs +	Tu	5:20-6:20pm	9/13-10/25	\$100
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BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation. Trainings held at 15th St and PCH.

Beach Volleyball CA Inc

City Beach

451311-2A	18 yrs +	Th	5:20-6:20pm	9/15-10/27	\$100
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VOLLEYBALL: WOMEN'S

Tuesday is Intermediate only & Thursday is advanced only-if a new player, you must try out on the first day of the session to assess satisfactory skill level. Please arrive 20 minutes early for try-out. Wednesday is Advanced players only-Drills Class. Fridays are for Advanced players only, they must try out first day to make the list/team. Registration is available online and in-person for Tuesday, Wednesday & Thursday, but in-person only for Friday. *No Class Dates: Nov-22, Nov-24*

Joann DiGiovanni

City Gym and Pool

INTERMEDIATE

451302-3A	18 yrs+	Tu	9:30am-12:30pm	9/20-10/18	\$40
451302-3B	18 yrs+	Tu	9:30am-12:30pm	10/25-11/22	\$40

ADVANCED

451302-3C	18 yrs+	Th	9:30am-12:30pm	9/22-10/20	\$40
451302-3D	18 yrs+	Th	9:30am-12:30pm	10/27-12/1	\$40
451302-3E	18 yrs+	F	10am-12pm	9/23-10/21	\$40
451302-3F	18 yrs+	F	10am-12pm	10/28-12/2	\$40
451302-3G	18 yrs+	F	10am-12pm	12/9-12/16	\$10
451302-3H	18 yrs+	W	10am-12pm	9/14-11/30	\$50
451302-3I	18 yrs+	W	10am-12pm	12/7-12/14	\$10

VOLLEYBALL: ADULT INDOOR CLINIC

Take your Volleyball game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills. *8 classes plus 2 free classes to be used as make-up or additional sessions. *No Class Dates: Nov-24*

Matt Taylor Volleyball

City Gym and Pool

BEGINNER/LOW

451309-3A	14 yrs+	Th	6:15-7:45pm	9/22-12/1	\$129
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INTERMEDIATE

451309-3B	14 yrs+	Th	7:45-9:15pm	9/22-12/1	\$129
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CALIFORNIA FOOTVOLLEY

Footvolley is a mixture between volleyball and soccer, where the players use the volleyball's court and rules to play a similar game with the difference that they cannot use their arms or hands. Classes available Tuesday and Friday mornings and afternoons, as well as private lessons upon request. \$120 for once per week, \$180 for twice per week. *No Class Dates: Nov-11 & Nov-25*

California Footvolley

PCH & Beach Blvd

451320-3A	18 yrs +	Tu	4-5:30pm	9/13-11/15	\$120
451320-3B	18 yrs +	Fri	4-5:30pm	9/16-12/02	\$120

ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

The Rinks Westminster ICE 13071 Springdale Street, Westminster

451312-1A	17 yrs +	W	6:10-6:40pm	9/28-10/19	\$37
451312-1B	17 yrs +	W	6:10-6:40pm	10/26-11/16	\$37

Register Online! www.hbsands.org



SURF & SKATE

LEARN TO SURF BASIC LESSON

This is a single lesson to introduce you to the joy of surfing and focuses on the basics of catching and riding waves, students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. www.HBSurfSchool.com

HB Surf School

City Beach

451402-2A	18 yrs +	Sa	9-10:30am	9/3-9/3	\$90
451402-2B	18 yrs +	Sa	9-10:30am	9/10-9/10	\$90
451402-2C	18 yrs +	Sa	9-10:30am	9/24-9/24	\$90
451402-2D	18 yrs +	Sa	9-10:30am	10/1-10/1	\$90
451402-2E	18 yrs +	Sa	9-10:30am	10/8-10/8	\$90
451402-2F	18 yrs +	Sa	9-10:30am	10/22-10/22	\$90
451402-2G	10 yrs +	Sa	9-10:30am	11/5-11/5	\$90
451402-2H	10 yrs +	Sa	9-10:30am	11/12-11/12	\$90
451402-2I	10 yrs +	Sa	9-10:30am	11/19-11/19	\$90
451402-2J	10 yrs +	Sa	9-10:30am	12/10-12/10	\$90
451402-2K	10 yrs +	Sa	9-10:30am	12/17-12/17	\$90
451402-2L	10 yrs +	Sa	9-10:30am	12/24-12/24	\$90

ADULT SPORTS

ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM Winter, Spring, Summer & Fall Sessions This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063.

Win Win Production Inc

City Gym and Pool

462107-3A	18 yrs +	M,W	6-10pm	9/12-12/14	\$235
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ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 12, 2016. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6-including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-2530. The first day of registration will be August 1, 2016. The deadline to turn in team registration to City Hall is September 2, 2016.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League-28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Coed Men's Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Winter 2017 season will be available in November for the season starting in Mid-January, 2017.

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 22, 2016 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons or evenings and Wednesday nights. Team registration costs are \$420 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire.

Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested in the Senior Women's leagues, please call: 714 523-2313 The team registration fee for the Senior Leagues is \$200 per team, plus the \$15 per game official's fee.

Deadline for registration is Friday, August 5, 2016.

Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2017 season will be available in November for the season starting in Mid-January, 2017.

See page 2 for a list of
SURF SCHOOLS



WELLNESS & AGING

HOAG: EXERCISE FOR BALANCE

Have you ever noticed a change in your balance over the past year? Do you feel you are not as stable or strong when walking or going up and down stairs? Join us for a five – week session that will include discussion and exercise to help improve your balance. These classes are designed for participants of all activities levels. Please select one of the five-week sessions.

Hoag Licensed Therapist

450899-5A 18yrs+ T 9:00-10:00am 10/4 – 11/1 Free
450899-5B 18yrs+ T 9:00-10:00am 11/8 – 12/13 Free

HOAG: CATARACT SYMPTOMS AND LATEST TREATMENT OPTIONS

Learn what causes cataracts, how they are diagnosed and latest technologies to treat, including the new cataract Laser surgery. Presented by Lee H. Novick, MD

Hoag Senior Center in Central Park
453307-5A 18 yrs + Tu 12:30-1:30pm 9/13-9/13 Free

HOAG: MEMORY: RISK SIGNS & TIPS FOR STAYING SHARP

Join our Hoag Medical Group internist for an education presentation on memory. Her presentation will discuss risk factors, warning signs, treatment, and tips for keeping your memory sharp. Presented by Nancy Love, MD

Hoag Senior Center in Central Park
453308-5A 18 yrs + W 10:30-11:30am 9/14-9/14 Free

HOAG: FALL PREVENTION & EXERCISE

Each year, more than one out of three people over the age of 65 has a fall. Learn how to decrease your fall risk and how to get back up. Presented by Julie Matsuura, MD and Jen Brandon, Rehab Supervisor, Hoag Orthopedic Institute

Hoag Senior Center in Central Park
453309-5A 18 yrs + Th 10:30-11:30am 9/22-9/22 Free

HOAG: MEMORY SCREENING

Provided by Hoag's Orange County Vital Brain Aging Program

Take steps now to maintain healthy brain aging for years to come. Adopting strategies to reduce your risk for multiple medical conditions will help maintain your brain health as you age. The Orange County Vital Brain Aging Program promotes early detection and prevention of cognitive impairment through education and monitoring of cognitive health. To schedule a personalized confidential memory screening at the Senior Center in Central Park, please call 949-764-6288. The screenings are generously subsidized by Hoag Neurosciences Institute and offered at a cost of \$45. For more information visit www.ocbrain.org

Cost: \$45

HOAG: NOVEL WAY TO DIAGNOSE AND TREAT BREAST CANCER

Learn the newest surgical techniques and technologies available that have changed the way breast cancer is treated. Presented by Sadia Khan, M.D.

453316-5A Th 10/6 12:30-1:30pm Senior Center in Central Park

HOAG: HYPERTENSION-WHAT TO KNOW AND HOW TO PREVENT IT

Hypertension affects many Americans. Dr. Vo will discuss the correct monitoring of our blood pressure and how we can manage elevated blood pressure. Presented by: Danny Vo, M.D.

453317-5A Th 10/13 10:00-11:00am Senior Center in Central Park

PROSTATE HEALTH: THE LATEST RECOMMENDATIONS & GUIDELINES

Join Urologic Oncologist and Hoag Urologic Oncology program Director, Jeffrey Yoshida, M.D., as he discusses prostate health and the latest recommendations for men. The class will also include an overview of diagnosis and treatment options for prostate cancer, including state-of-the-art robotic surgery.

453310-5A Th 9/29 10:30-11:30am Senior Center in Central Park



A member of the
St. Joseph Hoag Health alliance

Complimentary Health Screenings

Blood Pressure Checks

September 9 & 20, November 2, December 7
9:30 a.m. – 11:30 a.m.

Hearing Screening

September 7 & 21, October 12, November 9,
& December 14
9:30 a.m. – 11:30 a.m.

Individual Consultation for Medicare Questions

November 3, 2016
9:30am – 11:30am

Join our independent licensed insurance agent, available to answer your Medicare and related insurance questions.

To register for a presentation or screening at Huntington Beach Senior Center in Central Park, please call 714-536-5600.

Register Online!
www.hbsands.org

HOAG: MEDICARE BASICS

Turning 65, new to Medicare, or changing from an employer group plan? Learn the basics about Medicare and the different Medicare plan options: Medicare Supplement Insurance plans, Medicare Advantage HMO and PPO plans, and Medicare Part D prescription drug coverage. This event is for educational purposes only. No specific plan information will be shared. Presented by an independent insurance agent.

453318-5A Th 10/20 6:00-7:30pm Senior Center in Central Park

HOAG: WHY DO I FEEL OFF BALANCE?

Join us for a discussion on what medical conditions can cause an unsteady gait. Neurologist, Dr. Kaveh Saremi, will also talk about long term complications of untreated unsteady gait, the different relationship between gait variability and neurological conditions, interventions that aim to improve gait function in patients with neurological disorders, and treatment options.

453319-5A T 11/8 6-7:30pm Senior Center in Central Park

HOAG: FOOD ALLERGIES ON THE RISE - WHAT TO KNOW & HOW TO SHOP

With the increase of food allergies, it has many people looking for resources and advice? Join our Hoag Medical Group allergist & immunologist, Ankmalika Gupta Louis, M.D., as she educates you on nut and dairy allergies. She will share recent research and learnings.

453320-5A Th 11/17 6-7pm Senior Center in Central Park

HOAG: OH MY ACHING BACK!

Join us for an informative discussion on ways to help improve and control your back pain. Hoag Medical Group physician, Dr. Erin O'Hara will also be discussing exercises you can incorporate into your daily life to help keep you moving and grooving better. Class participation is encouraged.

453321-5A Th 12/8 Senior Center in Central Park

HOAG: SLEEP DISORDERS AND TREATMENTS

Do you suffer from snoring, insomnia and/or excessive daytime sleepiness? Learn about the symptoms and treatment options available for sleep disorders. Presented by Neurologist, Jay Puangco, M.D., program director of Voltmer Sleep Center

453315-5A Tu 12/13 6-7:30pm Senior Center in Central Park

ORANGE COAST MEMORIAL LECTURES

Sign up through Orange Coast Memorial

1-800-MEMORIAL (1-800-636-6742)

OC MEMORIAL LECTURE: LAUGHTER YOGA

Join Orange Coast Memorial and MemorialCare Medical Group for an invigorating session of Laughter Yoga. No special equipment or clothing is required. Light refreshments will be provided following Laughter Yoga. Space is limited and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 9/8 6-7:30pm Senior Center in Central Park

OC MEMORIAL LECTURE: MEMORY AND AGING

Cambria Hembree, M.D., an internal medicine physician with Edinger Medical Group, will discuss strategies for keeping memory sharp as we age. Light refreshments will be provided. Space is limited and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 10/6 Noon-1:30pm Senior Center in Central Park

OC MEMORIAL LECTURE: THE HISTORY LADY

The History Lady, Jeanette Alesso Way, will remind you of all the reasons why America is wonderful while triggering your memory and engaging your interest in an hour of informative historical facts. Sponsored by Orange Coast Memorial and MemorialCare Medical group, this is an enrichment class and not a clinical discussion. Light refreshments will be provided. Space is limited and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 11/3 6-7:30pm Senior Center in Central Park

OC MEMORIAL LECTURE: SUPER FOODS

We have been told that we are what we eat. Join Nanette Mitchell, M.D., a board-certified internal medicine physician with MemorialCare Medical Group, to learn which foods are considered beneficial for leading a youthful, strong and healthy life. Light refreshments will be provided. Space is limited and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

OC Memorial Th 12/1 12-1:30p Senior Center in Central Park



Directory

Huntington Beach Senior Services
Senior Center In Central Park
18041 Goldenwest St
Huntington Beach, CA 92648

Front Desk	714-536-5600
Hoag Health and Wellness Pavilion	714-374-1578
Transportation	714-374-1742
Huntington Beach Council on Aging	714-374-1524
SeniorServ Office	714-375-8404

Scott Getman, Recreation Specialist
Scott.getman@surfcity-hb.org

Brandi Kelly, Transportation Coordinator
BKelly@surfcity-hb.org

Teri Simonis, Volunteer Coordinator
TSimonis@surfcity-hb.org

Heather Dodd, Office Assistant II
Heather.dodd@surfcity-hb.org

Randy Pesqueira
Senior Services Executive Director
RPesqueira@surfcity-hb.org

Kristin Martinez
Recreation Supervisor
Kmartinez@surfcity-hb.org

Michelle Yerke, Care Manager
MYerke@surfcity-hb.org